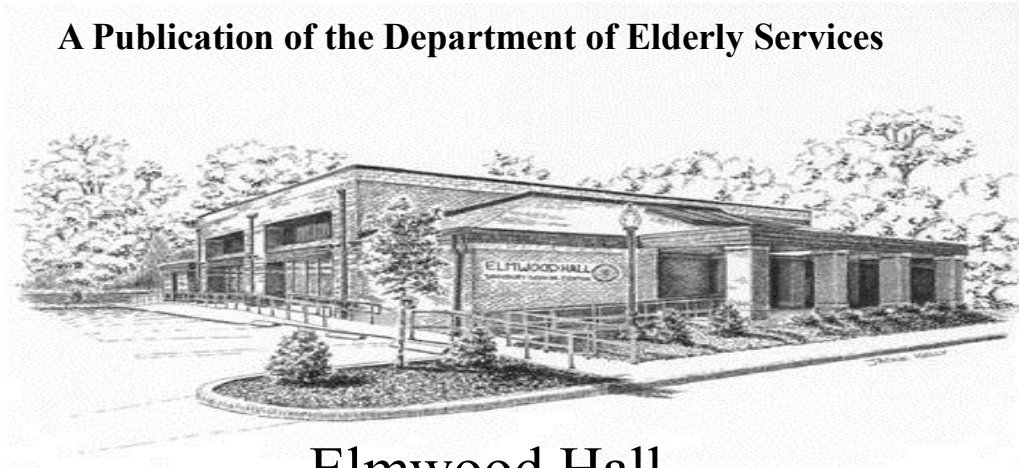


THE ELMWOOD EXTRA

Read All About It!

February 2015 / March 2015

A Publication of the Department of Elderly Services



Elmwood Hall

The club for people age 60 and up.

AARP Tax Preparation Assistance
Dr. Deveney, "Robotic Surgery"
BINGO, Bean Bag, and Timeless Trivia
Pennsylvania Station Historical Presentation
Medicare Fraud Presentation
Grand Central Station Historical Presentation
Introduction to the Triangle Community Center
Music From The Heart
Duck Pin Bowling

City of Danbury

Department of Elderly Services
Mark D. Boughton, Mayor

Susan M. Tomanio, LCSW, Director of Elderly Services
Michelle McNamara, Program Coordinator, Elmwood Hall
10 Elmwood Place, Danbury, CT 06810

www.danbury-ct.gov

Tel. 203-797-4686

HOURS OF OPERATION: MONDAY — FRIDAY 8:30 - 4:30

MESSAGE FROM THE DIRECTOR OF ELDERLY SERVICES

Susan M. Tomanio, LCSW



The City of Danbury's Department of Elderly Services (that's us) in conjunction with Danbury's Aging in Place Council (a Danbury community organization), proudly launched a new website - www.danburyseniors.org - on Tuesday January 14th. Over 100 seniors, community leaders, service providers and city of Danbury staff attended the website launch that included a presentation of all the special features of the website by its creators, Julia Nable and Zoltan Csillag of SandorMax: Integrated Marketing, Inspired Design, a local Sandy Hook website and branding company. We would like the website to serve as a way for the community to find the resources they need and for the community to take part in sharing resources with us to benefit the senior population, caregivers, and those who have concerns regarding senior issues. Please check out the new website. We would love to hear what you think about it and get your feedback and suggestions.

February / March Highlights

AARP Tax Prep Assistance begins on February 3 and will run through April 9 on Tuesday and Thursday mornings. Please call for an appointment to have your tax return completed by experienced AARP volunteers. This is a free service provided by AARP and is for all ages which includes both CT and NY state returns.

Robotic Surgery on Wednesday, February 4 at 1:00pm. Dr. Robert Deveney will address the primary causes of joint pain, such as those caused by osteoarthritis, as well as a variety of non-surgical/surgical treatment options available to provide pain relief. He will focus on the latest industry advancements that are helping joint pain sufferers to gain or maintain mobility and an improved quality of life. Please sign up.

BINGO on Fridays, February 6 and Friday March 6 at 1:00pm. The cost to play is \$3 and the winnings are significantly greater! Each participant will play a total of eight games. All who enter will also receive a raffle ticket for a chance to win a donated door prize. Please be sure to sign up!

Pennsylvania Station Presentation on Wednesday, February 11 at 1:00pm with Histo-

rian Art Gottlieb. The peak achievement of renowned architects McKim, Meade, and White, whose design was based on the Roman Baths of Caracalla, "Penn Station" was completed in 1913. Torn down in 1963, the loss of this architectural masterpiece led directly to the establishment of the Landmarks Preservation Society. Sponsored by Laurel Ridge Health Care. Please sign up.

Wii Bowling League: Information Meeting on February 11 at 2:00pm. Come find out about our Winter / Spring Wii Bowling league. Beginners always welcome. Come with a team or as a single and we will try to help find you a team. League runs 8 weeks starting the week of February 23. Bowling Banquet is on April 24 at 1:00pm with prizes and pizza.

Danbury Duck Pin Bowling Outing on Wednesday, February 18, from 1:00pm to 2:15pm at Danbury Duckpin Lanes. Seniors will enjoy an afternoon of knockin' down the pins! Cost is \$5 per person. Van rides will be provided for those without any transportation. Please sign up at the Front Desk by Friday, February 13.

The Elmwood Concert Singers on Thursday, February 19 at 1:00pm. Join us for a performance by our very own Elmwood Concert Singers led by Choir Director, Jill Weiss. If you like what you hear and want to be part of a singing group, this is a great introduction. Free. Refreshments served. All are welcome.

Bean Bag Tournament, Fridays, February 20 and March 13 at 1:00pm. Join us for this popular outdoor game turned indoor here at Elmwood Hall. Players will be partnered up and will compete in a double elimination format. The winners will each receive a \$10 gift certificate to JK's. Please sign up.

Medicare Fraud Presentation, Wednesday, February 25 at 1:00pm. Rosemary Jones of the Western Connecticut Area Agency on Aging (WCAAA) will review Medicare and Medicare Fraud. Please sign up.

Timeless Trivia on Fridays, February 27 and March 20 at 1:00pm. Hosted by Kevin, this great, FUN game is played in teams of 4, and is certain to test your knowledge and memory. Please sign up!

Grand Central Station on Wednesday, March 4 at 1:00pm with Historian Art Gottlieb. Bisecting Manhattan's Park Avenue and boasting 44 train platforms on two levels, this recently restored Beaux Arts masterpiece has remained one of New York's most famous transportation landmarks since its building in 1913. Sponsored by Laurel Ridge Health Care. Please sign up.

Introduction to the Triangle Community Center on Wednesday, March 18 at 1:00pm. The Triangle Community Center is the only organization focused exclusively on the LGBTQ (Lesbian, Gay, Bi-Sexual, Transgendered, and Queer) community in Fairfield County. This is a community at much greater risk of isolation, discrimination, suicide, substance abuse, and HIV/AIDS than its peers. The TCC supports people of all ages. This presentation will focus on how they support LGBTQ seniors as they age, and to provide resources and referral.

Please sign up.

Music From The Heart on Friday, March 20 at 1:00pm. Pianist Ethel Kaufman is joined by vocalist and trumpeter Bucky Milam and drummer Jeremy Alston in a program from the great American Songbook. Please join us for an afternoon of old favorites and incredible music. Free, refreshments served.

Happy Feet Program: Dr. Richard Gosnay, a wellness-based preventative foot care program offered on Wednesday March 25 and May 27. Appointments will run between 9:00am to Noon. It includes a thorough foot exam and toe-nail clipping by Dr. Richard Gosnay, a local Podiatrist. Cost is \$5 and you must call the center in advance for an appointment. Because this program is grant supported, in order to be eligible, you must be a Danbury resident who is a non-diabetic.

Support for Caregiver Programs, on Wednesday, March 25, at 1:00pm. Come and learn about state funded programs for those who are responsible for caring for others and find out if you are eligible. The WCAAA will present information regarding the National Family Caregiver Support Program as well as the Respite Care Program. Topics to be included are eligibility, financial requirements, and general information. Please sign up.









Inclement Weather Policy: If the Danbury schools are closed, so are we. If Danbury schools are delayed, we open at our normal time. Closings are announced on WLAD radio and Ch. 3 TV.

The Palace Theatre Danbury

The Palace Theatre in Danbury continues to offer \$5 discounts to select shows for Danbury Senior Center members. The following shows are available for a senior discount: The Corvettes, Doo Wop Revue on March 14, at 8:00pm, Squawk, The Vegas bird Show on March 15, at 3:00pm, and Assisted Living: The Musical, Sex, Drugs, and Getting Old on April 18 at 7:00pm. Please stop by the Senior Center to pick up your discount coupon and then follow up with the Box Office.

FEBRUARY 2015

~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Mah Jongg, 9:00am Quilt Club, 9:00am Strength Training, 11:15am Lunch, 12 noon Bridge Club, 1:00pm Ceramics, 1:00pm Nursing Home Visitors, 1:00pm Pinochle, 1:00pm Creative Writing, 1:30pm</p>	<p>3 AARP Tax Prep, 8:30am Art Class, 9:00am Tai Chi with Susan, 9:00am Knit & Crochet, 10:00am Lunch, 12 noon Exercise with Dee, 1:00pm Mah Jongg, 1:00pm Sports Talk, 1:00pm</p>	<p>4 AARP Safe Driver's Course, 8:45am Yolanda's Hair Boutique, 9:30am Line Dancing with Jill, 10:00am Strength Training, 11:15am Lunch, 12 noon Dr. Deveney Robotic Surgery, 1:00pm Zumba Gold with Coleen, 3:00pm</p>	<p>5 AARP Tax Prep, 8:30am Knit/Crochet, 10:00am Blood Pressure Screen, 10:00am Freestyle Dance Group, 11:00am Lunch, 12 noon Woodcarving, 12:30pm Exercise Video, 1:00pm Band/Chorus, 1:00pm</p>	<p>6 Ukulele Club, 9:30am Zumba Gold, 10:00am Lunch, 12 noon BINGO, 1:00pm Your Point of View, 1:15pm</p> 
<p>9 Mah Jongg, 9:00am Quilt Club, 9:00am Strength Training, 11:15am Lunch, 12 noon Bridge Club, 1:00pm Ceramics, 1:00pm Pinochle, 1:00pm Creative Writing, 1:30pm</p>	<p>10 AARP Tax Prep, 8:30am Art Class, 9:00am Tai Chi with Susan, 9:00am Knit & Crochet, 10:00am Mayor's Advisory Council, 11am Lunch, 12 noon Comm. On Aging, 1pm, City Hall Exercise with Dee, 1:00pm Mah Jongg, 1:00pm</p>	<p>11 Chair Massages, 9:30am Line Dancing with Jill, 10:00am Strength Training, 11:15am Lunch, 12 noon Pennsylvania Station, 1:00pm Informational Wii Bowling Mtg, 2pm Zumba Gold with Coleen, 3:00pm</p>	<p>12 CLOSED Lincoln's Birthday</p> 	<p>13 Ukulele Club, 9:30am Zumba Gold, 10:00am Lunch, 12 noon Your Point of View, 1:15pm</p>
<p>16 CLOSED President's Day Washington's Birthday</p> 	<p>17 AARP Tax Prep, 8:30am Art Class, 9:00am Tai Chi with Susan, 9:00am Knit & Crochet, 10:00am Lunch, 12 noon Exercise with Dee, 1:00pm Sports Talk, 1:00pm Mah Jongg, 1:00pm</p>	<p>18 Yolanda's Hair Boutique, 9:30am Line Dancing with Jill, 10:00am Strength Training, 11:15am Lunch, 12 noon Duckpin Bowling Trip, 1pm to 2:30pm Zumba Gold with Coleen, 3:00pm</p>	<p>19 AARP Tax Prep, 8:30am Knit/Crochet, 10:00am Blood Pressure Screen, 10:00am Freestyle Dance Group, 11:00am Lunch, 12 noon Woodcarving, 12:30pm Exercise Video, 1:00pm Elmwood Singers Concert, 1pm</p>	<p>20 Ukulele Club, 9:30am Zumba Gold, 10am Lunch, 12 noon Bean Bag Tourney, 1pm Your Point of View, 1:15 pm</p> 
<p>23 Mah Jongg, 9:00am Quilt Club, 9:00am SNAP, 10:00am Strength Training, 11:15am Lunch, 12 noon Bridge Club, 1:00pm Ceramics, 1:00pm Pinochle, 1:00pm Creative Writing, 1:30pm</p>	<p>24 AARP Tax Prep, 8:30am Art Class, 9:00am Tai Chi with Susan, 9:00am Knit & Crochet, 10:00am Lunch, 12 noon Exercise with Dee, 1:00pm Mah Jongg, 1:00pm</p>	<p>25 Line Dancing with Jill, 10:00am Strength Training, 11:15am Lunch, 12 noon Medicare Fraud Presentation, 1:00pm Zumba Gold with Coleen, 3:00pm</p>	<p>26 AARP Tax Prep, 8:30am Knit/Crochet, 10:00am Blood Pressure Screen, 10:00am Freestyle Dance Group, 11am Lunch, 12 noon Woodcarving, 12:30pm Exercise Video, 1:00pm Band/Chorus, 1:00pm</p>	<p>27 Ukulele Club, 9:30am Zumba Gold, 10:00am Lunch, 12 noon Timeless Trivia, 1:00pm Your Point of View, 1:15pm Page Turner's Book Club, 2:30pm</p>
<p>AARP Tax Prep Assistance February 3 through April 9 Book your appointment!</p> 	<p>Dr. Deveney Robotic Surgery, February 4th at 1:00pm</p>  <p>Rosemary Jones Medicare Fraud Presentation February 25th at 1:00pm</p> 	<p>Pennsylvania Station Presentation on February 11 at 1pm</p> 	<p>February FUN! 2/6 – BINGO 2/11 – Wii Bowling Meeting 2/18 – Duckpin Bowling Outing 2/19 – Elmwood Singers Concert 2/20 – Bean Bag Tourney 2/27 – Timeless Trivia</p>	<p>Elmwood Hall will be CLOSED on Thursday, Feb. 12 and Monday, Feb. 16</p>



MARCH 2015

~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Mah Jongg, 9:00am Quilt Club, 9:00am Strength Training, 11:15am Lunch, 12 noon Bridge Club, 1:00pm Ceramics, 1:00pm Nursing Home Visitors, 1:00pm Pinochle, 1:00pm Creative Writing, 1:30pm</p>	<p>3 AARP Tax Prep, 8:30am Art Class, 9:00am Tai Chi with Susan, 9:00am Knit & Crochet, 10:00am Lunch, 12 noon Exercise with Dee, 1:00pm Mah Jongg, 1:00pm Sports Talk, 1:00pm</p>	<p>4 Yolanda's Hair Boutique, 9:30am Line Dancing with Jill, 10:00am Strength Training, 11:15am Lunch, 12 noon Grand Central Station, 1:00pm Zumba Gold with Coleen, 3:00pm</p>	<p>5 AARP Tax Prep, 8:30am Knit/Crochet, 10:00am Blood Pressure Screen, 10:00am Freestyle Dance Group, 11:00am Lunch, 12 noon Woodcarving, 12:30pm Exercise Video, 1:00pm Band/Chorus, 1:00pm</p>	<p>6 Ukulele Club, 9:30am Zumba Gold, 10:00am Lunch, 12 noon BINGO, 1:00pm Your Point of View, 1:15pm</p> 
<p>9 Mah Jongg, 9:00am Quilt Club, 9:00am Strength Training, 11:15am Lunch, 12 noon Bridge Club, 1:00pm Ceramics, 1:00pm Pinochle, 1:00pm</p>	<p>10 AARP Tax Prep, 8:30am Art Class, 9:00am Tai Chi with Susan, 9:00am Knit & Crochet, 10:00am Mayor's Advisory Council, 11am Lunch, 12 noon Comm. On Aging, 1pm, City Hall Exercise with Dee, 1:00pm Mah Jongg, 1:00pm</p>	<p>11 AARP Safe Driver's Course, 8:45am Chair Massages, 9:30am Line Dancing with Jill, 10:00am Strength Training, 11:15am Lunch, 12 noon Zumba Gold with Coleen, 3:00pm</p>	<p>12 AARP Tax Prep, 8:30am Knit/Crochet, 10:00am Blood Pressure Screen, 10:00am Freestyle Dance Group, 11:00am Lunch, 12 noon Woodcarving, 12:30pm Exercise Video, 1:00pm Band/Chorus, 1:00pm</p>	<p>13 Ukulele Club, 9:30am Zumba Gold, 10:00am Lunch, 12 noon Bean Bag Tourney, 1:00pm Your Point of View, 1:15pm</p> 
<p>16 Mah Jongg, 9:00am Quilt Club, 9:00am Strength Training, 11:15am Lunch, 12 noon Nursing Home Visitors, 1:00pm Bridge Club, 1:00pm Ceramics, 1:00pm Pinochle, 1:00pm</p>	<p>17 AARP Tax Prep, 8:30am Art Class, 9:00am Tai Chi with Susan, 9:00am Knit & Crochet, 10:00am Lunch, 12 noon Exercise with Dee, 1:00pm Sports Talk, 1:00pm Mah Jongg, 1:00pm</p>	<p>18 Yolanda's Hair Boutique, 9:30am Line Dancing with Jill, 10:00am Strength Training, 11:15am Lunch, 12 noon Intro to the Triangle Community, 1pm Zumba Gold with Coleen, 3:00pm</p>	<p>19 AARP Tax Prep, 8:30am Knit/Crochet, 10:00am Blood Pressure Screen, 10:00am Freestyle Dance Group, 11:00am Lunch, 12 noon Woodcarving, 12:30pm Exercise Video, 1:00pm Band/Chorus, 1:00pm</p>	<p>20 Ukulele Club, 9:30am Zumba Gold, 10:00am Lunch, 12 noon Your Point of View, 1:15pm Music from the Heart, 1:00pm</p> 
<p>23 Mah Jongg, 9:00am Quilt Club, 9:00am SNAP, 10:00am Strength Training, 11:15am Lunch, 12 noon Bridge Club, 1:00pm Lions Club Low Vision, 1:00pm Pinochle, 1:00pm</p>	<p>24 AARP Tax Prep, 8:30am Art Class, 9:00am Tai Chi with Susan, 9:00am Knit & Crochet, 10:00am Lunch, 12 noon Exercise with Dee, 1:00pm Mah Jongg, 1:00pm</p>	<p>25 Happy Feet, 9:00am Line Dancing with Jill, 10:00am Strength Training, 11:15am Lunch, 12 noon Caregiver Presentation, 1:00pm Zumba Gold with Coleen, 3:00pm</p>	<p>26 AARP Tax Prep, 8:30am Knit/Crochet, 10:00am Blood Pressure Screen, 10:00am Freestyle Dance Group, 11:00am Lunch, 12 noon Woodcarving, 12:30pm Exercise Video, 1:00pm Band/Chorus, 1:00pm</p>	<p>27 Ukulele Club, 9:30am Zumba Gold, 10:00am Lunch, 12 noon Timeless Trivia, 1:00pm Your Point of View, 1:15pm Page Turner's Book Club, 2:30pm</p>
<p>30 Mah Jongg, 9:00am Quilt Club, 9:00am Strength Training, 11:15am Lunch, 12 noon Bridge Club, 1:00pm Ceramics, 1:00pm Pinochle, 1:00pm</p>	<p>Grand Central Station Presentation March 4th at 1:00pm</p> 	<p>Intro to the Triangle Community</p>  <p>Presentation on March 18th at 1pm</p> <p>WCAA Presents: Support for Caregiver Programs March 25th at 1pm</p>	<p> Music from the Heart March 20th at 1:00pm</p> <p>Happy Feet Program March 25th</p> <p>Appointments required </p>	<p><i>March Madness!</i> 3/6 – BINGO at 1pm 3/13 – Bean Bag Tourney at 1pm 3/27 – Timeless Trivia at 1pm</p>   

Important Information from the Office of the Municipal Agent

RENT REBATE FOR 2014:

- Dates of program will **start 4/1/15** and **stop 9/30/15**
- Eligibility is based on 2014 income, rent and utility expenses
- Income guidelines are: \$34,100 for a single person or \$41,600 married couple
- Be sure to keep your Social Security SSA-1099 statement. Effective 2015, local Social Security offices will no longer provide print outs.
- For applicants that applied last year, forms and directions will be mailed late March.

Property Tax Relief Programs

This information is provided by the Danbury Assessor's Office.
Please call the Assessor's Office for more details – 203-797-4556.

***** FOR YOUR AWARENESS - GENERAL INFORMATION *****

The majority of the program filing periods are on a TWO year filing basis. Eligibility is based on the PREVIOUS YEAR'S INCOME EARNINGS. Income proof is required for previous year. (Income Tax Return or all sources of income if NO tax return filed, plus Social Security 1099)

- Elderly Tax Relief Filing Period – February 1 thru May 15th
- Veteran Program Filing Period – February 1 thru October 1st
- Residency: Resident of Danbury for at least one year.
- There may be additional requirements – check early in filing period.
- Taxpayers need to be 65 by December 31st of previous year OR 100% DISABLED of previous year
(Award letter from Social Security is required proof)

Elderly or Disabled Property Tax Relief Programs. Receive credit off of your property taxes

State of Connecticut Program

Income: Single – \$34,100 Married – \$41,600
Benefit - 10%- 50% or \$150.00 - \$1,250.00 off based on income

City of Danbury Local Program

Income: Single – \$44,100 Married – \$51,600
Benefit - \$450.00- single \$600.00- married

City of Danbury Energy Property Tax Credit Program

Income: Single- \$56,800 Married – \$64,300
Benefit - \$250.00- single \$350.00- married

City of Danbury Deferral Program (annual filing)

Income: Single- \$52,500 Married- \$59,200
Benefit- 25% of Real Estate Taxes with a lien of 1% per annum

SAVE Program (Senior Added Value Experience) - (annual filing)

Taxpayer must volunteer 100 hours of work with a city department or a non profit agency.
Income at or below: Single- \$56,800 Married- \$64,300
Benefit - \$600.00 off taxes – The IRS may consider this credit as income, ask your tax advisor.

The Freeze – single \$51,300 married \$58,000 (calculated on taxes for 10/1/2011 grand list)

Veterans Programs

State Additional Veterans Programs

Income: Single- \$33,500 Married – \$40,900
Benefit – Increase on your current veteran status

City Local Veterans Programs

Income: Single – \$58,500 Married – \$68,900
Benefit – Up to 10% off the assessed value of your property

Social Security Disability Exemption

No income required. Award letter from Social Security is required.

Benefit -\$1,000 off the assessed value of the property.

Elmwood Hall Photos and News Briefs

Blizzard of Dance



Photo Credit: K. Burland



Photo Credit: K. Burland

Scotland Elementary School 4th grade students and Elmwood Hall's seniors enjoyed a line dance showcase on December 17 led by instructor Jill Weiss. This intergenerational program was an absolute success.



Photo Credit: K. Burland

St. Peter's Students Spreading Holiday Cheer



Photo Credit: M. McNamara



Photo Credit: M. McNamara

Intergenerational Programs SOAR at Elmwood Hall

This holiday season, Elmwood Hall was fortunate to celebrate with some extra holiday cheer from neighbor St. Peter's School. This partnership between both Elmwood Hall and St. Peter's School will continue to grow in 2015. Students are looking forward to visiting the center each month for various programs while our seniors are equally excited for the opportunity to share this lifelong learning bond.



Photo Credit: M. McNamara

Elmwood Extra ~ Read All About It

Department of Elderly Services
Elmwood Hall ~ Danbury Senior Center
10 Elmwood Place
Danbury, CT 06810

Pre-Sorted Standard
U.S. Postage
PAID
Danbury, CT 06810
Permit No. 155

Mission Statement

To increase the quality of life of Danbury area citizens who are age 60 and up by developing many comprehensive programs specifically designed to enrich the general well-being of Danbury's more mature population. With a special focus on reaching out to those most vulnerable and in need, the Department of Elderly Services provides the following resource and referral services to assist with "Aging in Place": the Municipal Agents Office for the Elderly, the Van Transportation Program, and the warm and supportive recreational, educational, intergenerational, and wellness-based environment of the Elmwood Hall Senior Center.

Department of Elderly Services—Staff Members

Susan Tomanio, LCSW - Director of Elderly Services
Michelle McNamara - Program Coordinator / Elmwood Hall (grant funded)
JoAnn Schofield - Administrative Assistant
Linda Rinaldi - Administrative Assistant
Steve Ackerman - Elderly Services Office Associate
Wayne Cole - Elderly Services Office Associate
Kevin Burland - Van Driver
Jeff Jurczyk - Van Driver
Joyce Kuhn - Outreach Specialist (grant funded / partnership with WCAAA)
Debbie Moore - Cafe Manager (in partnership with C.W. Resources)
Donna Pipkin - Café Manager (in partnership with C.W. Resources)